



# ***Controlling Stress***



- **Monitor the signs of stress and recognize when and if they change.**
- **Identify and monitor the causes of stress; that is, the stressors.**
- **Classify the stressors into those which can be controlled (increased, decreased, avoided, or otherwise changed) versus those which are uncontrollable.**



# ***Controlling Stress Cont***



- **Control those stressors it is possible to change by focusing the stress in the desired direction, either up or down.**
- **Help soldiers adapt to the stressors which are not possible to change.**
- **Learn (and teach) how to directly lower (or raise) the stress level within the individual soldier as**



# ***Three Continuums of Army Life***



- **Responsibility**
- **Location**
- **Army Mission**



# ***RESPONSIBILITIES for Controlling Combat Stress***



- **Unit**
- **Senior Leaders**
- **Junior Leaders**
- **Staff Section**
- **Chaplain**
- **Unit Medical  
Personnel**



# ***Categories of Combat Stress***

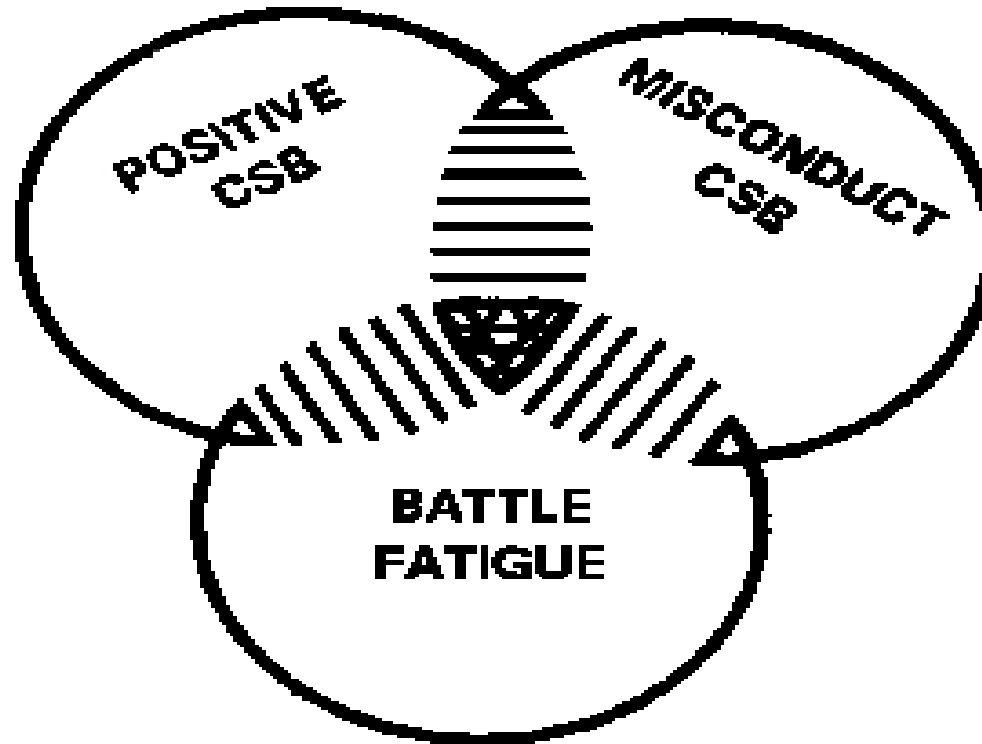


- **Positive Combat Stress**
- **Misconduct Stress Behaviors**
- **Battle Fatigue**



# ***Overlap Behaviors***

**DURING THE WAR:**



**(NOTE OVERLAPPING)**



# ***Six Steps To Reduce Stress***



- **Promote unit cohesion**
- **Stabilize the home front**
- **Assume physical fitness**
- **Conduct tough, realistic training**
- **Conserve the well-being of troops**
- **Keep information flowing**



# **Leader's Actions To Reduce Stress**



- **Promote Cohesion**
  - **Team cohesion**
  - **Integrate new arrivals**
  - **Keep members in small teams**
  - **Conduct AAR debriefings routinely**
  - **Recommend exemplary soldiers for awards and decorations**
  - **Serve as an ethical role model**





# **Stabilize The Home Front**



- **Worrying about the home front distracts soldiers**
- **The home front problems may be both negative and positive**
- **Rapid mobilization and deployment can create home front problems for both active component and reserve component soldiers**



# **Assume Physical Fitness**



## **Physical fitness programs-**

- **promote unit cohesion.**
- **protect against battle fatigue.**
- **Promotes aerobic fitness (endurance) and muscle strength.**



# ***Conserve The Well-Being Of The Troops***



- **Ensure the best water, food, equipment, shelter, sanitation, and sleep**
- **Pay special attention to dehydration**
- **Guard against poor diet and hygiene**



# **Keep Information Flowing**



**Keep the troops well informed of  
the goals,  
situation, and how they are doing.**